

## **FREE FUN FRIDAYS**

Every Friday during the summer from June 28<sup>th</sup> through August 30<sup>th</sup>, the Highland Street Foundation is providing FREE admission to museums and cultural attractions across Massachusetts for Massachusetts residents and tourists. They will sponsor 60 free venues including the Museum of Fine Arts, Franklin Park Zoo, Old Sturbridge Village, Plimoth Plantation and many more. These venues will be absolutely free, no tickets or advanced reservations necessary. Visit [www.highlandstreet.org](http://www.highlandstreet.org) for more information and a schedule of events or contact Highland Street Foundation at 617-969-8900 for more information.

### **Monday, July 1**

*Noah Trip-departs from St. Mary's Parking Lot @ 7:30 a.m.*

Sit & Be Fit 9:30 a.m.

Ceramics in lieu of 7/4) 9:00 a.m.

Tai Chi 10:45 a.m.

Book Club 11:00 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, July 2**

*No BINGO Today*

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, July 3**

Strength Training 8:30 a.m.

Stop & Shop (in lieu of 7/5) 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, July 4**

*Independence Day*

*Senior Center Closed*

### **Friday, July 5**

*Carpet Installation*

*Senior Center Closed*

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **COA VOLUNTEER OPPORTUNITIES**

### **COA TRIP COMMITTEE MEMBER**

Are you someone who enjoys travel? Do you like to surf the internet for information and the best deals out there? We have an opportunity for people to serve on our Trip Committee for the upcoming year. Positions begin in September 2013 and involve meeting with the committee as well as travel vendors to explore and research trips for our seniors. Remember that our computer lab here at the senior center is available for your use in looking up information. Please call us at 508-543-1252 if you are interested in this opportunity.

### **VAN-GO SHOPPING ESCORT**

We are looking for volunteers who are 18 years of age or older who would like to be an escort on our Van-Go shopping trips. Shopping trips occur on Monday afternoons, Wednesday afternoons, and Friday mornings. This volunteer opportunity would involve riding along on the Van-Go and carrying a couple of bags for the seniors. If you are interested in volunteering for this position, please call 508-543-1252.

## **FRIENDS ANNUAL MEMBERSHIP DRIVE**

The Friends of Foxboro Seniors' annual membership drive for the 7/1/13 – 6/30/14 year is currently taking place. The annual dues are \$7.00. Friends of Foxboro Seniors, Inc. is a non-profit organization founded in 1981 to raise supplemental funds for the Council on Aging to provide programs, activities and other services to Foxboro's seniors. The Friends' Membership Application can be found on line at [www.foxboroughma.gov](http://www.foxboroughma.gov). Click on Departments under Town Links, then click on Council on Aging, then click on Friends of Foxboro Seniors under Information Links to print the application. All dues and donations must be mailed to Friends of Foxboro Seniors, Inc., P.O. Box 116, Foxboro, MA 02035.

## **SPECIAL EVENTS AND PROGRAMS**

### **TABLE TOP GARDENS OPENING DELAYED**

The unveiling of our beautiful new table top gardens has been postponed due to the recent bout of bad weather. Watch for the new date of the "Opening Celebration" in the weeks to come.

### **NEW GARDEN CLUB COMING!**

Attention all you gardeners...Marsha Lewicke has graciously offered to start a Garden Club at the senior center! We want to hear from you about the types of things you would like to "know and grow" here at the senior center as we will be developing a 'wish list' for our gardens. Give us a call at 508-543-1252 to tell us about your interest in the Garden Club.

### **SUMMER MUSIC WITH JACK CRAIG**

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on two Wednesdays in July and three Wednesdays in August at 11:00 a.m. The schedule is as follows:

July 17<sup>th</sup> – Broadway Blockbuster-Brigadoon

July 24<sup>th</sup> - Broadway Blockbuster-Oliver

August 14<sup>th</sup> - Great Songwriter-Hoagy Carmichael

August 21<sup>st</sup> – Great Songwriter-Sammy Cahn

August 28<sup>th</sup> –Great Songwriters-Bacharach & David

Please sign-up for these programs by calling 508-543-1252.

### **I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!**

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to Crescent Ridge in Sharon on Tuesday, July 9<sup>th</sup>. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, July 9<sup>th</sup> from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

## **REGULARLY SCHEDULED**

### **BINGO!**

There will be **NO** Bingo in July. Our next Bingo afternoon will be on Tuesday, August 6<sup>th</sup> from 2:00 p.m. to 3:30 p.m. This event is sponsored by the Friends of Foxboro Seniors.

## **BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors, who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Community Social Worker, Noreen Sherys. Our next meeting is on Monday, July 1<sup>st</sup> at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

## **CLASSIC MOVIE**

Come to the senior center for a movie classic on Thursday, July 11<sup>th</sup> at 1:00 p.m. and see “Yankee Doodle Dandy.” James Cagney thrills in a rare (and limber) song-and-dance performance as composer-entertainer George M. Cohan. This nostalgic biography is told in flashbacks, covering Cohan's formative years becoming Broadway's brightest star and touching upon his loves, musicals, and artistic triumphs. Enjoy this utterly charming performance in what is practically a one-man show. If you've never seen Cagney as a hoofer, you're in for a treat: his dancing is as dynamic as anything else he's ever done on screen. Cagney received an Oscar for his rousing depiction of George M. Cohan, composer of the patriotic ditties “Over There”, “Yankee Doodle Dandy”, “Give My Regards to Broadway” and countless others, in this spirited Hollywood musical. You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

## **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, July 24<sup>th</sup>, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of Sliced Turkey on a Croissant, Cranberry Sauce, Pasta Salad, Beet Salad, and a Brownie to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

July 3 Stop & Shop (in lieu of 7/5)

July 10 Wal-Mart

July 17 Dollar Tree/Ocean State Job Lot

## **AFGHANS ALWAYS AVAILABLE**

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center and at Cindi's Jewelers. Afghans in Cranberry, Loden Green, Navy Blue (newly available), or Williamsburg Blue are \$34.95 each. There is a multi-colored version at a cost of \$39.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

## **TRAVEL AND ENTERTAINMENT**

### **CASTLE ISLAND AND FORT INDEPENDENCE TRIP**

Come along with the Foxboro seniors on Thursday, July 18<sup>th</sup> as they travel to Castle Island in Boston. Located at the end of Carson Beach, on Pleasure Bay in South Boston, Castle Island is a 22-acre recreation site, and the site of Fort Independence. Castle Island was really an island until several land reclamations through the years extended causeways and eventually roadways. Today it is operated as a state park by the Massachusetts Department of Conservation and Recreation. Castle Island is where the past, present and future of Boston collide. It is not just a destination it is a state of mind. Where else in Boston can you be surrounded by the ocean, go for a walk, and see one of the United States oldest military fortifications? Courtesy of the Castle Island Association, you will enjoy a tour of Fort Independence, the oldest continuously fortified site in British

North America since 1634. This trip will involve a lot of walking with the tour of the fort, and you will have time to explore the sights around Castle Island on your own. Lunch will be on your own. You can grab a bite to eat at the famous Sullivan's Castle Island or pack a lunch to bring along. You will travel by school bus which will depart from St. Mary's Church at 9:00 a.m. and return at approximately 2:00 p.m. The cost for this outing is just \$6 per person. This trip will operate "Rain or Shine." Payment is non-refundable and will be due by Friday, July 12<sup>th</sup>. Checks should be made payable to "Town of Foxborough COA." Sign-up for this opportunity by calling the senior center at 508-543-1252.

### **PLYMOUTH HARBOR CRUISE TRIP**

Join the Foxboro seniors on Thursday, August 15<sup>th</sup> on the 'Pilgrim Belle', an authentic Mississippi-style paddle wheeler, as you take a scenic, one-hour narrated cruise of Plymouth harbor. Hear about the historic town and seaport of Plymouth, Plymouth Rock, Mayflower II, Plymouth Beach, Clark's Island and the majestic Gurnet Point Lighthouse. A special luncheon at Isaac's will be served prior to the boat ride. You will have your choice of entrée (Seafood Medley or Chicken Cordon Bleu), salad, chef's choice of starch, dessert, coffee or tea. You will round off your day with a visit to the Plymouth Bay Winery before returning home. The cost for this wonderful day trip is \$71 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, July 12<sup>th</sup>. Your motorcoach bus will depart from St. Mary's Church parking lot at 10:15 a.m. on Thursday, August 15<sup>th</sup>. Sign-up for this opportunity by calling the senior center at 508-543-1252.

### **COMMUNITY PROGRAMS**

#### **THERE'S NO PLACE LIKE HOME**

Through the Home Modification Loan program, the Commonwealth of Massachusetts has funded loans to help you stay in your home longer. Research by the Centers for Disease Control and Prevention shows that home modifications and repairs may prevent up to 50% of all home accidents among seniors. By adding a ramp, stair-lift, grab bars, or widening doorways, you can remain more independent and live longer in your own home. Many of the loans are 0% interest and do not have to be repaid until you sell or transfer your home. Eligibility is based on a few factors, including: income, a professional's documentation of need, and the particular modifications proposed. For more information, contact your Regional Agency or Susan Gillam at 617-204-3739 or visit [www.mass.gov/mrc.html](http://www.mass.gov/mrc.html).

### **SENIOR CITIZEN DAY AT THE MARSHFIELD FAIR**

The 146<sup>th</sup> Annual Marshfield Fair presents Senior Citizen Day sponsored by Sullivan Tire on Tuesday, August 20<sup>th</sup>. Senior admission is FREE! Go to the Seniors' Special Tent from 12:00 p.m. to 4:00 p.m. for free ice cream while supplies last, free health information and blood pressure screening. There will be entertainment by Reminisce, health tips & talks, BINGO, country arts and other exhibits. Gates open at noon on Route 3A at the Marshfield Fairgrounds. For more information call 781-834-6629 or go to [www.marshfieldfair.org](http://www.marshfieldfair.org).

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

#### **Monday, July 1**

Greek Meatballs  
Garlic Mashed Potatoes  
Green Beans  
Multigrain Roll  
Mixed Fruit

**Tuesday, July 2**

Cream Of Broccoli Soup  
Pineapple Ginger Chicken  
Hawaiian Rice  
Whole Wheat Bread  
Fresh Fruit

**Wednesday, July 3**

Lasagna W/Tomato Sauce  
Italian Blend Veggies  
Whole Wheat Roll  
Peaches

**Thursday, July 4**

*Independence Day*  
*No Meal Served*

**Friday, July 5**

BBQ Beef Ribs  
Whipped Potatoes  
Peas  
Wheat Bread  
Jello Cake